

GUIDELINES FOR THE TEACHING OF REIKI FOR ANIMALS



Based on the requirements of the
REIKI FOR ANIMALS
NATIONAL OCCUPATIONAL STANDARDS
2018

And the
CORE CURRICULUM
Of the
REIKI COUNCIL

Guidelines for Teachers providing Reiki Training specifically for Animals.

Background

National Occupational Standards (NOS) for Reiki were created by Skills for Health in (year). These were supported in 2009 by a Core Curriculum produced by The Reiki Council and, following consultation on these two documents in 2008, it was recommended that they both be referred to when providing training for anyone wishing to offer Reiki on a paid and professional basis.

When Reiki became an accepted therapy on the Complementary and Natural Healthcare Council (CNHC) UK Register of accredited complementary therapy practitioners in 2015, the Core Curriculum became a CNHC document. The most recent update is dated month 2018.

The Core Curriculum identifies the minimum expected course content for Reiki training for anyone wishing to become an accredited Reiki Practitioner on the UK CNHC Register. It also sets out a baseline curriculum for Reiki teachers. Ideally all Reiki Practitioners working professionally would reach this standard of training, a key benefit being the additional knowledge, experience and credibility that is gained. GPs may refer patients to CNHC registered complementary therapy practitioners should they wish the respective treatment.

The Skills for Health National Occupational Standards for Reiki are CNH1, CNH2 and CNH12

Comparable standards are now required for the teaching of 'Reiki for Animals'

With the increasing popularity of Reiki for Animals amongst the public and Reiki Practitioners, as well as rising interest amongst a small but growing number of veterinary professionals, the Reiki Council completed the development of National Occupational Standards (NOS) for the offering of Reiki to Animals in May 2018.

The NOS have been launched with a supporting Reiki for Animals Core Curriculum and associated Reiki Council Teaching Guidelines. Collectively, these documents provide professional Reiki organisations with clear standards against which to recognise and offer certificates to members specifically trained to work with animals, and to approve suitable training courses.

These documents have also been produced with the aim of helping teachers of 'Reiki for Animals' to ensure that their courses are of a reputable quality and of raising awareness amongst prospective students of the knowledge, skills and experience they may like to look for when seeking training.

Our vision for the future is for practitioners professionally offering Reiki to animals to work alongside veterinary professionals, providing Reiki to support the veterinary care and treatment offered to animals nationwide and to assist where conventional veterinary medicine has not been able to help/ fully help the respective animal.

Reiki is not a replacement for veterinary care and all Reiki Practitioners for Animals are required to comply with the Reiki Code of Professional Conduct and Ethics for Reiki, relevant aspects of the Veterinary Surgeons Act (1966) and other relevant legal documents.

Reiki for Animals Teaching Guidelines

These guidelines are purely for reference. Teachers may apply their individuality and style of Reiki to their teaching, altering the sequence and format. The minimum content listed should be included but teachers are welcome to teach above these base requirements.

The training of Reiki for Animals may be specific to one species e.g. canine or equine or more general. The resulting qualification will then correspond accordingly e.g. Canine Reiki Practitioner, Equine Reiki Practitioner, Reiki Practitioner for Small Animals.

For the purpose of these guidelines the term 'Reiki Practitioner for Animals' is used throughout but equally applies, as appropriate, to species specific training and qualifications e.g. Canine or Equine Practitioner.

Requirements for being recognised as a professional 'Reiki Practitioner for Animals' by the Reiki Council and hence its professional member organisations*:

- Students must have trained in human Reiki before commencing Reiki for Animals training
- In order to be professionally recognised as a Reiki Practitioner for Animals you MUST be a professionally recognised Reiki Practitioner (for people), with attunements conducted in person not over the internet or otherwise distantly
- Level 1 Reiki for Animals may be learned after level 1 Reiki (for people) but it is preferable for level 2 training to have taken place before commencing with level 1 'Reiki for Animals' training. Then, to progress to level 2 Reiki training for animals Level 2[Practitioner]) training (for people) must have been attended.
- Teaching/ learning Reiki for Animals and people as a combined course is not acceptable. They each warrant individual learning time, focus, practice of skills and should include different content.
- Teaching/ learning two or more levels of Reiki or Reiki for Animals together on a combined course is not acceptable either.
- Students must give a minimum of 75 treatments to benefit animals, of which at least 50 should be in person and up to 25 can be distant. All should be evidenced and supported by written treatments notes. Up to 10 of these 75 treatments may be for the owners or carers of animals receiving Reiki if the animal's problem is exacerbated or triggered by this person's behaviour but no more than 5 of these 10 may be distant.
- The training period from starting level 1 Reiki for Animals to becoming a recognised practitioner would typically be expected to be about 6 months but it will vary depending on the ability and experience and expertise of the practitioner with animals. There is no absolute minimum.
- The total training of Reiki for Animals requires a minimum of 129 hours, at least 24 of which should be in person. Additionally, 100 self-treatments must be conducted in the past 12 months, which are required for NOS Reiki (for people) anyway.

*Reiki Council professional member organisations are: UK Reiki Federation, Reiki and Seichem Association, Reiki Alliance, The Reiki Association, Reiki Connection, Complementary Therapists Association and The Reiki Guild

This table below gives a suggested guide for study and practical hours for students with no formal Reiki training in working with animals and little knowledge/experience in this area ie Classification A. Other (classification B and C) students will need training as required:

Student classification:

- A. A Reiki Practitioner (Student Practitioner) not familiar with working with animals
 - Full training is required and Reiki Practitioner status prior to Animal Reiki Practitioner status being awarded
- B. A Reiki Practitioner, with reasonable experience of working with animals but not formally trained or adequately trained in Reiki for Animals
 - After understanding the student’s knowledge, skill and experience the necessary ‘top-up’ training can be identified
- C. A Reiki Practitioner proficient in working with animals and understands them, with a good level of proficiency and experience but needs verification for a certificate to be offered.
 - Assessment against the guidelines and then formal assessment including practical treatments.

Hours for classification A

TOPIC	IN PERSON HOURS (Minimum)	DISTANT HOURS	TOTAL HOURS
Reiki for Animals - theory	8		8
Reiki for Animals – Practical	16	75 treatments – may not all be 1 hour (These will apply the theoretical learnings and show/ develop an of Understanding Animals)	16 hours + 75 treatments
Understanding Animals		30	30
TOTAL	24	105	129**

** Allows an hour per treatment – to include discussion with the owner pre and post Reiki session although it is accepted that depending on the animal and situation this full hour may not always be required

Notes

The in-person training can occupy a much greater proportion of the time, reducing the distant teaching hours accordingly but the total hours must be met. The distant teaching allows for some theory possibly being taught distantly/ on-line/ via home study

- If already trained in aspects of Understanding Animals or in a role which requires and exhibits confident use of these skills and knowledge, then the respective hours can be reduced/ deducted accordingly
- If Reiki (for people) teachings did not cover all of the expected content detailed in the Reiki teaching guidelines, please contact Reiki teacher to be taught the aspects missing or contact the professional organisation of which you are a member to see if they can offer this training e.g. via a CPD course.

National Occupational Standards

In addition to the meeting the Lantra standards for the professional recognition of 'Reiki Practitioners for Animals' i.e. LANACT NOS 1, 2 and 3, all relevant aspects of LANAnC10 relating to animal body language and behaviour should also met.

Some of these standards are general and others more specific as can be seen below:

Animal Care and Welfare - for anyone working with animals

- LANACT 10 - Observe and be aware of the behaviours of animals

Animal Complementary Therapy Industry

- LANACT1 - Assess and define the animal's needs for complementary and natural/ holistic healthcare
- LANACT2 - Develop and agree plans for complementary and natural/ holistic healthcare for the animal

Therapy specific

- LANACT3 - Offer Reiki to animals

Each standard includes an overview, performance criteria to be delivered, expected knowledge and understanding and additional information.

Standards, Core Curriculum and Reiki Training Guidelines for Animals

- A full set of the standards can be obtained from [\(add website links\)](#)
- The Core Curriculum can be obtained from the Reiki Council via [\(add details\)](#)
- Level 1, 2, 3a (Master) and 3b (Teacher) teaching guidelines will:
 - provide a structure
 - detail topics to be included in the theory content for both level 1 and level 2 courses
 - include practical requirements to be met at each level through a range of exercises to be taught and practised with the teacher
 - identify what must be learned under the heading of Understanding Animals including the content to be taught in theory and that to be applied practically until confidently delivered in all of the animal types the practitioner intends to work with
 - outline expectations for supporting case studies and treatment notes. These will be necessary to allow progression and a final assessment will be required before an Reiki Practitioner for Animals certificate will be issued by a Reiki Council professional member organisation.

Who will benefit from these Guidelines

Teachers of 'Reiki for Animals' may use these as the basis for developing their own courses and as a check list to ensure that their teaching is to the NOS standard, adding personal case studies, knowledge from experiences and examples of further Reiki exercises and techniques they have also been taught or otherwise learned. teachers are expected to be ongoing mentors for their

pupils after their training. Their role is to continue to support and guide their students as appropriate.

Students may use these guidelines to help them to choose a teacher who will provide thorough training that will enable them to be professionally recognised at the appropriate time should they wish this.

In addition to being proficient as a Reiki Practitioner for Animals, students must be able to understand and safely handle animals and it is a teacher's duty to ensure that this is the case before awarding an 'Reiki Practitioner for Animals' certificate.

When a teacher has developed level 1 and 2 courses that are believed to comply with the relevant 'Reiki for Animals' NOS and Core Curriculum, there will be a process by which they can be submitted for course approval. If approved the training can be advertised as 'Reiki Council/ respective Reiki organisation approved training that meets National Occupational Standards' for offering Reiki to animals.

This approval process will require assessments, including by a qualified assessor or assessor working towards an assessor qualification.

Additional Teacher qualifications/ requirements

Teachers of the *Reiki* topics must:

- Hold a Master Teacher certificate in Reiki training for Animals
- Have at least two years' experience as a Reiki Practitioner
- Have at least three years' experience offering Reiki to animals/ as a Reiki Practitioner for Animals (unless working in a veterinary or animal care role with at least two years' experience in this role where Reiki is offered regularly)

Teachers of the *Understanding Animals* elements must:

- Have worked in a veterinary or animal care role when animal handling is a major aspect for two years

AND/ OR

- Certified training in the respective areas of *Understanding Animals* backed up with relevant practical experience to demonstrate practical application of the knowledge learned.

These guidelines provide an outline only. They do not advise how the training should be delivered or provide extensive details. They are simply intended as a guide to the subjects that are expected to be included in the training of Reiki for Animals. The trainer(s) must take responsibility to ensure that the requirements set out in the NOS and Core Curriculum are met.

An animal care expert or veterinary professional may be chosen to run the *Understanding Animals* training thereby creating a joint training programme with the Reiki Practitioner for Animals.

Reiki Level 1: Reiki for Animals

This is intended as a basic introduction to working with animals and the offering of Reiki to animals that you know, who belong to yourself and/ or your family and friends.

Level 1 human Reiki training must have been completed, with evidence of case studies/ practical treatments. Ideally, and for optimum benefit, level 2 Reiki training will also have been completed although the student may still be working towards the completion of case studies and self-development for Reiki Practitioner status to be awarded.

Basic Recommendations:

Contact training time (including practical)	Minimum 12 hours
Post-course support with mentoring	As required
Maximum number of students per class per tutor (no minimum)	6

Minimum recommended content of training for Reiki 1

Reiki for Animals - general theory and techniques
<ol style="list-style-type: none"> 1. Review of human Reiki training to date incl. attunement(s), self-treatments, meditation, principles, history, preparation for treatments, giving treatments, self-treatments, taking medical history, consent etc 2. Why it is essential to be able to work with people in order to benefit animals 3. Attunement(s)/initiations or empowerments/ reiju(s) – if given 4. Differences & similarities between offering Reiki to animals versus people 5. Basics about working with animals (for the species likely to be offered Reiki professionally including: <ol style="list-style-type: none"> a. Animals and energy – understanding and working with energy b. Animal chakras/ energy centres and hand positions (variations by species as appropriate) c. When to use hands-on or hands-off healing d. Why animals need healing including common situations e. When owners and/ or carers need to address their actions/ feelings to help the animal(s) f. Possible responses and how to react including the ‘healing crisis’ g. Holistic healing and its benefits – including emotional healing for physical symptoms and behaviour h. Permission i. Creating a healing space of peace, compassion & patience j. How to build confidence and developing trust with animals k. Intuition & connection – understanding how and where they want healing l. Communication with animals m. Implications when one or more other animals are close by 6. Preparation for offering treatments <ol style="list-style-type: none"> a. Self-preparation b. Treatment location & preparing the environment c. Being familiar with the recipient and any previous treatments d. How and where (e.g. from what distance) to offer Reiki to an animal 7. What happens in a Reiki treatment with an animal 8. Additional Reiki skills/ techniques that may be especially helpful when working with animals

- peacefully and compassionately feeling the animal - feeling the emotion
- exercises to gain more understanding from the animal/ of its feelings/ it's situation / how you can best help (shared communications)
- cleaning the animal's chakras/ aura/ energy
- techniques that may help with situations of stress/ nervousness
- tuning in when there is more than one animal
- ways to practically help the owner/ carer also as required

9. Learning from animals

10. The vital importance of not being attached to specific outcomes

11. Helping animals in a rescue setting WHEN confident with the respective animal type

Reiki for Animals - practical skills

12. Application of the above especially points 5 -11 practically

13. Practical sessions of working with animals - learning to connect and discovering what can be felt from different animals - at least 2-3 different species during the training course unless species specific training. Trial and discussion with different animals

14. The trial of various techniques and discussion of those that can be practised in home-life situations

15. Student confidence to use his/ her intuition – taking on board signs an animal may be giving (positive or negative) and responding appropriately. Understanding the importance of this. (see 'Understanding animals' below)

Practitioner skills

16. Communication

- a. Engaging with the owner or carer to ensure their full understanding of Reiki and what to expect (explaining what it is & how it is offered, what may be felt by the animal and possible responses.
- b. Discussing possible benefits and common responses
- c. Encouraging the animal's owner or carer to feel at ease, be involved in their animal's care and feel able to ask any questions or raise any concerns, and the importance of this
- d. Adapting to the understanding of the animals' owner and their desire for more information or not
- e. Discussing any expectations and responding appropriately
- f. Giving informative feedback to and receiving it from the owner/ carer post Reiki

17. Practicalities for the most effective treatment(s)

- a. Discussing and agreeing the best location/ environment for the Reiki session(s)
- b. Gaining as full and accurate details as possible regarding the reason for Reiki being requested and the animal's general health, well-being and lifestyle noting all known current and relevant diagnoses; understanding the importance of this information in relation to the Reiki and its possible benefits
- c. Discussing, as necessary, what is required of the owner and any follow up actions required for her animal
- d. Advising any appropriate after care
- e. Awareness of any considerations that might impact on the achievement of the optimum outcome and any possible beneficial actions
- f. Choosing the best approach/ technique for different animals and situations
- g. Evaluating progress to agree the optimum forward plans

18. The role of Reiki

- a. Assessing the 'need for' or 'potential benefit of' Reiki and its possible benefit for the animal versus other possible therapies/ treatment as well as the general concept for health for the animal types that are likely to be treated
- b. When Reiki might not be appropriate there and then

<ul style="list-style-type: none"> c. When an additional therapy/ service may be beneficial d. Assessing the owner or carer's influence on the animal's health and situation also the implication of this and appropriate action e. Knowing when the owner or carer may also benefit from Reiki and how to gain recognition and support for this, also why this is important f. The appropriateness of Reiki with other treatments/ therapies <p>19. Record keeping</p> <ul style="list-style-type: none"> a. Generating and appropriately completing paperwork for information gathering about the animal, treatment notes and if being handed out, post treatment notes b. Producing accurate records and storing them safely and confidentially c. Recognising the owner or carer's right to access to information
<p>Practice Management</p> <p>20. Legal & ethical aspects</p> <ul style="list-style-type: none"> a. Understanding of the Reiki Code of Conduct and Ethics in relation to key points that need to be observed at this level b. Awareness of essential details from the Veterinary Surgeons Act 1966 with related guidance from the Royal College of Veterinary Surgeons c. Awareness of relevant aspects within animal welfare legislation <p>21. Safety and disease</p> <ul style="list-style-type: none"> a. Awareness of Notifiable Diseases, Red Flag Symptoms and the avoidance of the contamination of transferable diseases
<p>Understanding Animals</p> <p>22. Animal behaviour</p> <ul style="list-style-type: none"> a. Raise awareness and consideration of factors that may affect the behaviour of animals including previous experiences, socialisation, age, emotional and physical (health) state, life stage and temperament with examples b. The effects of the environment on animal behaviour c. The impact of your emotional/ mental state d. Awareness of animal behaviour. When and how Reiki may be beneficial <p>23. Animal body language</p> <ul style="list-style-type: none"> e. Raise awareness of animal body language and signs to indicate key mental and emotional state including: fear, frustration, aggression, anxiety, play and relaxation and what to do in each situation for the species likely to be offered Reiki at level 1 f. Becoming aware of these signs in a treatment and knowing how to respond, although at this level it is not expected that animals who react negatively in your presence and would be offered Reiki <p>24. Anatomy and physiology</p> <ul style="list-style-type: none"> g. Knowledge of where the main organs and skeletal bones are found in animal species likely to be offered Reiki and a brief knowledge of their functions <p>25. Handling and safety considerations</p> <ul style="list-style-type: none"> h. Using both information from the owner or carer and your observations i. How to approach, handle and offer Reiki to animals for your relaxed safety and their enjoyment from their first experience of this therapy j. How animals may react to Reiki - safety first
<p>Additional requirements of level 1 training</p> <ul style="list-style-type: none"> • Recommended reading • Written handouts or instruction Manual • Case Study next steps (if wishing to progress to level 2) • Course Certificate - including level 1, Reiki style, name of teacher, date of training • Arrangements for on-going mentoring/support • Lineage discussed and provided

Remember at this level 1 stage Reiki is only being given to your own animals and those of friends and family that you know well and hence no safety issues would be anticipated. Having said this, animals do not always react as expected so it is useful to have the above knowledge to be prepared.

Recommended post training elements

Self-treatments and the need to receive Reiki from others, as part of continuing self-development
Practise on different animals and animal types – that you know
Confidential records written neatly and filed for any treatments given to animals
Opportunities for development including attendance at Reiki shares, helping at an animal rescue etc.

Reiki Level 2: Reiki Practitioner for Animals

Level 2 Reiki training (for people) must have been completed with a valid level 2 Reiki Practitioner certificate having been issued before a certificate may be issued to anyone as a Reiki Practitioner for people.

This training is intended for personal development and transformation, the treatment of your own, friends' and families' animals and a preparation for being awarded a Reiki Practitioner for Animals.

Basic Recommendations

Minimum suggested elapsed time between Reiki 1 & 2 training	Depends on ability and experience of working with animals
Minimum contact training time (including practical/ assessment)	12 hours
Minimum post-course mentoring and support	as required
Maximum number of students per class per tutor (no minimum)	6

Minimum Recommended content of training for Reiki 2

Reiki for Animals - general theory and techniques
<ol style="list-style-type: none"> 1. Review of prior Reiki learnings to date for people and animals and self-development since training including the differences & similarities noticed between offering Reiki to animals versus people 2. Discussion/ sharing of animal treatments offered after level 1 and results achieved 3. Using second degree Reiki with animals and its particular uses and benefits 4. Level 2 attunements/initiations or empowerment/ reiju(s) if given 5. Individual focus on development needs arising from level 1 6. Trusting and using your intuition for how and where to work (including which approaches / techniques to use) 7. Connecting more deeply with animals 8. Distant Reiki healing <ol style="list-style-type: none"> a. Its application to help in respect of past, present and futures issues/ circumstances with particular focus on emotional and mental issues b. Ways to send it c. Being inventive and intuitive in how Reiki is sent 9. Intuitive body scanning (Reiji Ho) to identify areas needing healing from a distance/ out of sight 10. Animal communication (including its value and importance when used appropriately)

- a. The importance of being appropriately trained
 - b. The value of its use in understanding an animal's feelings and situation, also how to best help
 - c. Its use to give support and reassurance and a more positive perspective
 - d. Its use to help build a stronger bond with owners/ carers
 - e. Using it to change animal's attitudes and behaviours
11. How to work with unknown, less friendly or frightened/ aggressive animals and help them feel more at ease – also see animal's behaviour and body language
 12. Awareness of where Reiki should be used with caution, approach changed or ceased
 13. Preparation for offering treatments – recap from level 1 with level 2 considerations e.g.
 - a. Symbols/ mantras if used, when they are appropriate and additional symbol for working with animals
 - b. Distant or in person
 - c. If the animal is unknown, less friendly or frightened/ aggressive
 - d. Best time to offer the Reiki
 14. Kotodama or other chanting, if used
 15. What happens in a treatment depending on how Reiki is being offered
 16. Additional Reiki skills/ techniques (e.g. including creative visualisation and communication) that may be especially helpful to aid/ overcome the animal's mental and emotional issues - working through a range of possible situations and ways to offer help using Reiki e.g.
 - a. Fear of going to the vets
 - b. Fear of other animals/ people or poor relationships e.g. with a dog or cat next door
 - c. Fear of loud noises
 - d. Fear issues in dogs being walked on a lead or horses being ridden
 - e. Aggression
 - f. Frustration
 - g. Anxiety with other issues e.g. travel/ being left alone
 - h. Helping to address symptoms of stress
 - i. Over excitement
 - j. Settling into a new home
 - k. How to help a grieving animal
 - l. When an animal is ready to leave us
 - m. Additional issues that are/ could be triggered or exacerbated by the owner/ carer
 - n. Performance e.g. for shows
 17. Identifying the best approach/ technique to use
 18. Continued learning from animals
 19. Checking the animal's well-being and observing, understanding and acting upon signs of behavioural and emotional states animal body language throughout – main signs e.g. fear, frustration, aggression, appeasement, anxiety, play and relaxation and what to do in each situation (also see the Understanding animals section)
 20. The extreme importance of intent and compassion
 21. Reiki in combination with other training/ therapy/ advice

Practical Reiki skills for working with animals

This the largest part of the Reiki level 2 training and will occupy most of the training time. It is essential that a toolbox of skills and techniques are taught and practised during the in-person training with understanding so that the student practises them with confidence. Practical Reiki sessions making up the practical learning hours will further develop confidence and skill but a follow up session with the teacher is required to offer further help as required and/or to assess the treatment delivery and effectiveness.

22. Gathering adequate details and consent if offering distant Reiki
23. Protection and cleansing

24. Meditation and the importance of stillness when working with animals
25. Application of the above described techniques during the contact training course to include:
 - a. Intuitive body scanning (Reiji Ho)
 - b. Connecting and building trust
 - c. Feeling/ sensing the animals (including use of colours and auras)
 - d. Practical sessions of hands-on, hands off and distant Reiki using various techniques must be practised with different animal species (unless species specific training) including relevant ones described in the theoretical training and examples from the teachers own experience or knowledge.
 - e. Animals with physical issues must also receive Reiki in-person during the practical training
 - f. Both distant and hands-on Reiki must be offered
 - g. Students should also work on animals without all physical/ mental/ emotional issues being identified to them in advance, allowing them to see/ feel where Reiki is most needed or drawn by the animals and what it feels like. Animal owners/ carers (especially for rescue animals) may not know the animal's full history
 - h. Animal communication (proficiency of this is not a requisite to be a Reiki Practitioner for Animals but it can be a very helpful skill)
26. Application of the above until the student is confident and using his/ her intuition to be guided, taking on board signs an animal may be giving (positive or negative) and responding appropriately
27. Understanding the importance of the animal's welfare and response to Reiki and their equal importance to the professional delivery of Reiki treatments (see *Understanding Animals* section)

Practitioner skills

26. Communication
 - a. Recap on communication requirements from level 1, expanding it to include level 2 considerations
 - b. Discuss the fee structure
 - c. Being at ease and feeling in control when communicating with unknown animal owners or carers, whatever their personality and strength of character, in order to obtain and share the necessary information to enable an effective treatment
 - d. Good communications to result in the completion of the consent form and as accurate and informative information as possible being recorded on the client details/treatment form
 - e. Being competent and proficient to talk with veterinary professionals and other animal care professionals about Reiki – accurately and appropriately with reference to human/ animal scientific research if and as appropriate
 - f. Agreeing and working to an outline plan as appropriate but adapting for the best outcome
27. Practicalities for the most effective treatment(s)
 - a. Recap on Practicalities included in level 1 training with additional level 2 considerations
 - b. Approaching and handling animals (or not) to promote co-operation and minimise distress
 - c. Having the ability to recognise when the behavioural issue is clearly or possibly linked to the owner's or carer's behaviour and how to address this situation for the most effective outcome for the animal
 - d. Assessing the outcome to determine the effectiveness and most appropriate future actions and plans, and any possible risks associated

- e. Recognising at the earliest stage possible and being able to explain why other disciplines would be beneficial additionally or a probable more effective alternative
28. The role of Reiki
- a. Knowing when Reiki alone is not enough or the best therapy for the animals' best outcome. This requires awareness of other therapies and an indication of issues that require behavioural therapy (for dogs in particular)
29. Record keeping
- a. Generating and appropriately completing paperwork for information gathering about the animal, consent forms, treatment notes and if being handed out, post treatment notes
 - b. Producing accurate records and storing them safely and confidentially
 - c. Recognising the owner or carer's right to access to information

Practice Management

30. Legal & ethical aspects
- a. Understanding of the full Reiki Code of Conduct and Ethics
 - b. Knowing when and how to involve or consult with the respective veterinary surgeon/ practice or obtain a veterinary diagnosis or consent and acting accordingly
 - c. Having awareness of essential details from the Veterinary Surgeons Act 1966 with related guidance from the Royal College of Veterinary Surgeons
 - d. Having awareness of and compliance with relevant aspects within animal welfare legislation, in particular the Animal Welfare Act 2006
 - e. Having compliance with LANA1, 2 and 3, including details in their Glossaries
 - f. Developing and maintaining working relationships with other animal care professionals
 - g. Working to professional standards within the limits of your own authority, expertise, training, competence and experience
 - h. Continuing professional development
 - i. Recognising the need for insurance for working with people and animals
 - j. Understanding the requirements for GDPR (data protection) and how to register
31. Safety and disease
- a. Awareness of Notifiable Diseases, Red Flag Symptoms and the avoidance of the contamination of transferable diseases
 - b. Complying with any relevant procedures at the location used for the Reiki treatment
32. Setting up as a Reiki Practitioner for Animals
- a. Knowing to refer to LANAnC60 (Manage an animal therapy centre) if this is a plan for any practitioners
 - b. Marketing and promotion activities that may be helpful
 - c. Building up a client base
 - d. Liaising with veterinary and animal care professionals
 - e. Having awareness of CAP Advertising Standards Authority guidance
 - f. Understanding the role of professional Reiki Organisations

Understanding animals

33. Animal behaviour
- a. Understanding of the factors that may affect animal behaviour, with examples, and the respective considerations
 - b. Understanding of animal behaviour. When and how Reiki may be beneficial, and when additional therapies may be beneficial to suggest eg. dog behaviourist
34. Animal body language
- a. Understand and recognise key signals of animal body language to indicate key mental and emotional states for a wide range of emotions including: fear, frustration, aggression, anxiety, play and relaxation and what to do in each situation

<p>for the species likely to be offered Reiki</p> <p>b. Recognising these signs in a treatment and knowing how to respond</p> <p>c. Discussion of relevant points from LANAnC10 (Observe and be aware of the behaviour of animals)</p> <p>35. Anatomy and physiology</p> <p>a. Basic anatomy and physiology for animals likely to be treated – e.g. equine, small animals etc recap from level 1</p> <p>b. Further detail including knowledge of the main hormones, where they are produced, their effects, and issues regarding their production and function</p> <p>c. Basic understanding of common conditions/ health issues that may affect the species you are likely/ most likely to work with</p> <p>36. Handling and safety considerations</p> <p>a. Theoretical and practical display of confidence with handling relevant animals for the safety of all in the vicinity, using both information from the owner or carer and your observations</p> <p>b. How to approach, handle and offer Reiki to animals you may or may not know for your relaxed safety and that of anyone in the vicinity, as well as their enjoyment from their first experience of this therapy, also in a way to build trust and confidence</p> <p>c. Being prepared for how animals may react to Reiki - safety first</p> <p>d. Discussion of relevant points from LANAnC15 (Handle and restrain animals)</p> <p>37. A basic understanding of the main conditions that occur in the animals to whom Reiki is likely to be given, and How Reiki is likely to be most helpful</p>
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Additional requirements of level 2 training

- Recommended reading/updating of own knowledge to keep abreast of new developments
- Written handouts or instruction Manual
- Case Study next steps (if wishing to progress to Practitioner Certificate)
- Arrangements for on-going mentoring/support
- Consent, medical history, treatment notes and case studies
- Lineage discussed and provided
- Certificate supplied only when practical work and case studies meet the required levels and numbers of hours, when the teacher believes that the student is ready to work with animals on a professional basis, liaising with professional animal care workers e.g. vets and other owners or carers as necessary and when the formal assessment is completed and passed. Certificate to include level, style, name of teacher, date of training

Recommended post training elements

Reiki diary – a journal to record your development in working with animals – e.g. changes in your experiences, observations/ outcomes from treatments and feedback from owners and / or carers
Confidentially filed records of all treatments given to animals
Opportunities for development including attendance at Reiki shares and in animal care environments e.g. rescue centres, sanctuaries etc
Receiving Reiki - self-treatment and the receiving of Reiki from others, as part of continued self-development – min 100 hours recommended in past 12 months for professional practitioners, with a note of benefits/ developments
Case Studies –75 case study treatments, five of which are supervised, with 40 written up and submitted as part of the assessment.

Practitioner requirements

Practitioner to hold valid certificate recognition of Reiki for people and Reiki for Animals
Continued Professional Development of at least 12 hours per annum for Reiki for both people and animals
Practitioner to hold Professional Indemnity & Public Liability Insurance for working with people and animals
GDPR registration if taking and storing anyone's personal data (except friends and family)
Confidential records for all Reiki treatments to be written and filed securely

Reiki Level 3/ 3a: Master/ Advanced Reiki Practitioner for Animals

(not included in all Styles)

This is a further development as a Practitioner. **In styles of Reiki where the advanced or Master level does not exist the requirements of the Master level must be included in training for anyone wishing to progress to become a teacher.**

This training does not act as a qualification to teach. Teacher training must also be completed – see 3b/4.

Basic Recommendations

There is no minimum elapsed time between Reiki 2 and 3a training as this will depend on individual personal development and discussion with the Reiki Master Teacher. In most cases it would be realistic to expect a practitioner to be practicing for at least a year as a practitioner before being ready to take Master level Reiki training for Animals. There is no benefit in rushing the process and not then offering optimum Reiki sessions. No-one will benefit, especially the animal you wish to help.

Before commencing this level, the practitioner should be experienced in working with various different animals/ species, both confident and competent in working with them, have a good understanding of them and their responses to Reiki and have evidence to show effective Reiki results within the required 75 case study treatments.

Minimum contact training time (including practical/ assessment)	8 hours
Minimum post-course mentoring and support	as required
Maximum number of students per class per tutor (no minimum)	6

Recommended content of training for Reiki 3a or Master Practitioner

<p>Reiki for Animals - general theory and techniques</p> <ol style="list-style-type: none"> 1. Review of prior Reiki learnings and development 2. Attunement(s)/ initiation (s)/ rei-Ju(s)/ empowerments to the Master Symbol and explanation of its use (if used) 3. Understanding some of the science behind Reiki if not included in Reiki training for people 4. Practice in using Master symbol on animals in various techniques 5. Self-development – intuition, animal connection 6. Using animal communication to best help the animal (shared feelings of pain/ other) 7. Compassion in Reiki – really feel the love 8. Further meditation 9. Advanced Techniques – including creative visualisation/ intent work to benefit emotional and behavioural issues in particular 10. Helping animals in end stage of life
Practical Reiki skills for working with animals

11. Application of the above 12. Confidence with offering Reiki to unknown animals 13. Using Crystal with Reiki 14.
Practitioner skills
15. Communication <ul style="list-style-type: none"> a. Explaining animal Reiki to animal care professionals and owners of rescues etc b. Working with animals in sanctuaries, rescues, shelters etc c. Approaching/ working with vets or other animal care professionals d. Being able to confidently talk to vets e. Reiki in combination with other veterinary care/ treatments <ul style="list-style-type: none"> i. Awareness of other Complementary therapies and what they are/ involve ii. Benefits of other Complementary therapies
Practice Management
14. Keeping a portfolio 15. Marketing and promotion of 'Reiki for Animals' to enhance its understanding <ul style="list-style-type: none"> a. Prepare a talk to describe Reiki, include 1 or more case studies and a topic to be advised by your teacher 16. Good knowledge of relevant Health & Safety and other legislation 17. Practicalities of running your own Reiki business for working with animals 18. Know how to conduct an assessment observation for a Reiki Practitioner for Animals
Understanding animals
19. Anatomy and physiology <ul style="list-style-type: none"> a. More detailed anatomy and physiology for animals likely to be treated eg hormones b. Additional conditions likely to affect potential animal clients
Additional requirements of level 3/ 3a training
<ul style="list-style-type: none"> • Recommended reading/updating of own knowledge to keep abreast of new developments • Written handouts or instruction Manual • Case studies to show effective application of new techniques and professionalism as a Master Reiki Practitioner for Animals • Arrangements for on-going mentoring/support • Lineage discussed and provided • Course Certificate supplied when requirements met including case studies - include level, style, name of teacher, date of training

Recommended post training elements

Continued CPD
Receiving Reiki - self-treatment and the receiving of Reiki from others, as part of continued self-development – min 100 hours annually recommended for professional practitioners

Master Practitioner requirements

Confidential process for development of at least 12 hours per annum
Practitioner holds Professional Indemnity & Public Liability Insurance for working with animals and people
GDPR (data protection registration)

Reiki Level 3b/4: 'Reiki for Animals' Teacher/ Master Teacher

The title may vary dependent on style of Reiki

Reiki Master Teachers for Animals should aim to produce the best possible Reiki students who will go on to also be high quality Reiki Practitioners for Animals and potentially teachers themselves in the future.

Basic Recommendations

Minimum suggested elapsed time since Reiki for Animals level I training.	2 years. May be reduced for Reiki Practitioners working with and understanding animals well. Also having offered Reiki to them with effective results for at least 2 years
Length of apprenticeship training	Depends on experience and expertise
Minimum contact training time	8 hours and assessment
Minimum length of training to allow for practice & experience	2 months

Additionally:

- A teacher must meet the full practitioner/ Master practitioner requirements as previously detailed
- Be relaxed and confident with animals, highly experienced and knowledgeable about working with them

Minimum Recommended content of training for Master Teacher *****

Content to comply with this guidance at each level as indicated
Based on training given to the teacher if this met these guidelines, with additional compliant learnings gained on route as appropriate
Attunements/ initiations/rei-Jus/ empowerments <ul style="list-style-type: none"> - How to gift them at each level of Reiki - Supervised delivery
Create content and teaching schedule <ul style="list-style-type: none"> - Course design & preparation - Preparation of manuals at each level of Reiki possibly with supporting media eg video, slides etc - Practice of teaching Reiki techniques with and without the symbols incl creative visualisation
Understand and be able and willing to teach and mentor students <ul style="list-style-type: none"> - Teaching techniques - Approval of practical case studies Able to create and lead meditations - Have resources to suggest - Having own experiences, and learnings to share
Competent teaching and self-practice of 'understanding animals' <ul style="list-style-type: none"> - Having suitable animals to receive Reiki on courses - Teaching of practical techniques - Able to advise on working with vets, rescue centres, sanctuaries etc
Responsibilities of Mastership and teaching <ul style="list-style-type: none"> - Ensure professional credibility of students in handling/ working with animals and delivering

Reiki professionally - Confident and knowledgeable in running a course
Observation and involvement in teacher's course – 1 full course at all levels planned to be taught
Arrangements made for on-going mentoring/support and Reiki shares
Running a Reiki Share and sharing further learnings/ keeping in touch with students
Course Certificate supplied – include level, style, name of teacher, date of training

Recommended post training elements

Continued CPD
Receiving Reiki - self-treatment and the receiving of Reiki from others, as part of continued self-development – min 100 hours annually recommended for professional practitioners

Master Teacher requirements

Continued Professional Development of at least 12 hours per annum
Practitioner holds Professional Indemnity & Public Liability Insurance for working with animals and people
GDPR (data protection registration)
Confidential records for all Reiki treatments